



**A**s many as 75% of women who are victims of domestic violence sustain a head injury during domestic violence incidents. Such injuries can occur without the victim being aware of the injury or the effects.

Often victims sustain many minor blows to the head over a period of time. These injuries may seem to be harmless but the effects can add up to become major problems in daily functioning.

The consequences of a head injury are hard to predict. They can range from barely noticeable to life-shattering.

Assistance is available to address the challenges of a head injury.

*If you feel you have a head injury  
call the Alabama Head Injury  
Foundation Helpline  
1-800-433-8002.*

*They have skilled professionals  
throughout the state ready to help!  
[www.ahif.org](http://www.ahif.org)*

# **Has your head been injured...**

# **You are not alone!**

# Where you can go for help

Have you ever...

- had a blow to your head?
- fallen or been pushed and hit your head?
- been hit against a wall or other solid object?
- been told that you had a concussion?
- been hospitalized or seen in the emergency room for an injury due to domestic violence?
- been strangled by someone?
- been violently shaken by someone?

For any of the above events...

- Did you lose consciousness (passed out) after your head was hit?
- Did you feel dazed or confused after the blow to your head?

**If the answer is yes to either  
of these two questions  
you may have  
injured your head.**

If you injured your head  
do you experience...

- ❖ Headaches
- ❖ Dizziness
- ❖ Easy loss of temper
- ❖ Difficulty concentrating
- ❖ Difficulty remembering
- ❖ Difficulty solving problems
- ❖ Difficulty getting tasks started

**If you think you may have sustained a head injury call either the...**  
**Alabama Head Injury Foundation Helpline 1-800-433-8002 or the**  
**Alabama Head and Spinal Cord Injury Registry 1-888-879-4706**